

Pastor Lee's Lenten Challenge: 2011

Let's Get

F.I.T.



Faith in Transformation

Love God + Love Others + Love Yourself
And experience Transformation

In this season of Lent, instead of giving something up, receive a gift of ***Faith in Transformation***. Faith in Transformation means believing that God is at work in you, and when God is at work in you, amazing things happen – and we experience the “abundant life” Jesus speaks of.

Three things-to-do to help us **get F.I.T.** are:

- 1) **Love God – Pray First:** Begin your day with prayer; *give God thanks, and listen for a reminder of God's love for you. Look for God's presence throughout the day.*

- 2) **Love Others.** Take 30-60 minutes this week in care for someone else: *Spend time mentoring a young person, spend time with an older person, take out your neighbor's trash, allow a youth to take out your trash – and ask them what their favorite thing to do is, bring a meal to the home of a caregiver or one who could use some cheer, smile when you greet someone on the street.*

- 3) **Love Yourself.** Be active for 30-60 minutes, 3-5 days each week. Caring for yourself equips you to care for others. *Walk, bike, run, play with a child outside, take the stairs, park further from an entrance, use a Wii active video game.*

Love God, love others, love yourself; (Luke 10:27) three responses to God's amazing grace. Practicing these steps, we will build our FITness level – Faith in Transformation – transformation that leads to abundant life! As you spend time listening to God's word of love to you, caring for others, and caring for yourself – you will be blessed by experiencing abundant life.

Let's Get

F.I.T.



Faith in Transformation

F.I.T.ness Log

Print out this log and post it on your refrigerator or bulletin board. Keep track each week in Lent of what you did to care for others and for yourself. Need ideas? Look in weekly "What's Happening Pages" and future issues of the Messenger for FITness tips!

Week	Prayer Theme	Self Care	Loving others	Self Care	Loving Others	Self Care
One						
Two						
Three						
Four						
Five						
Six						
Seven						

In the "Prayer Theme" column write a word or two about what your prayers have focused on that week. In other boxes write a word or two describing your care for yourself or another.